

AABHN PLAYING REGULATIONS

FIELD LACROSSE

All coaches must be familiar with the content of the AABHN Constitution.

1. **Start Date** - April 1st of each school year
2. **Length of Season** – April 1st to OFSAA Lacrosse Championship
3. **Competition Limits**: None. Teams must be part of a league in order to qualify for the CWOSSA and OFSAA Festival
4. **Members per Team** – Maximum of 35 players dressed

5. Eligibility

All players must meet the eligibility criteria as outlined in Article 12 in the AABHN Constitution

6. Eligibility Lists

a) Submission

A completed and correct OFSAA Hub eligibility lists must be submitted to the convenor and Athletic Coordinators one week prior to the start of the regular season for each District. The names of all potential players and coaches, and managers and/or others affiliated with a team must be included on the OFSAA Hub eligibility list. Each eligibility list is to clearly identify the head coach.

b) Any student whose name appears on a game sheet for a professional lacrosse game (MLL or NLL) is not eligible for participation in the AABHN League or the OFSAA Lacrosse Festival.

7. League Structure

League games shall be structured into 3 daytime tournaments (maximum 1 per week) depending on the number of teams.

No team shall play more than 2 games in one day.

Location of league tournament games shall be decided by the Convenor and the Athletic Coordinator. When possible, league games should take place in each of the 3 areas (Brant, Haldimand, Norfolk).

g) Game Results -

- i) There are no tie games in field lacrosse. All games are to be played until a winner is declared
- ii) The home team must forward an original or electronic copy of the game sheet to the Convenor no later than the day following the game.
- iii) The host school coach will provide the game results including top scorers to the media (e.g., newspaper, radio).
- iv) The Convenor will maintain and update the league standings.

8. Championship Structure

When 3 teams exist in the league, the Championship Tournament shall be between the 1st and 2nd place team to determine the AABHN Champion.

When 4 or more teams exist in the league, the Championship Tournament shall be a Single Elimination Tournament with the semi-final winners meeting to determine the AABHN Champion.

Pairing for the semi-final games shall be:

1st vs 4th
2nd vs 3rd

9. Tie Breaking Procedure:

Where a tie exists in league standings: The tie will be broken by:

- (i) If two (2) teams are tied at the end of the season for positions in the championship playoffs.
 - a) Head to Head
 - b) goal differential between the tied teams
 - c) least goals against between the tied teams in the game or games involving the tied teams.
 - d) the most total wins during season play
 - e) least total goals against (all games played)
 - f) goal differential (all games played)
- (ii) If three (3) teams are tied at the end of the season, the following criteria shall be applied to determine their rankings:
 - a) Head to Head
 - b) The team with the greater goal/point differential (“goals/points for” minus “goals/points against”) among the three tied teams in league play, in games involving the tied teams only, shall receive the position.
 - c) If still tied, then the team with the greatest goal/point differential in all league games shall receive the position

10. Officials

The AABHN Athletic Coordinator shall be responsible for providing competent officials.

11. Rules of the Game

The Rules of Lacrosse as they appear in the ILF Handbook shall govern play in the AABHN championships with the following exceptions:

- a) Length of Play - there shall be four twelve (12) minute quarters with a three minute rest at quarter and five minutes at half.
- b) Number of Players – there will be a maximum of 35 players dressed and all must be from the eligibility list.
- c) Tied Games – overtime will consist of two four minute periods played to completion. If still tied, then four minute periods take place until sudden victory is achieved.
- d) The AABHN Athletic Co-ordinator shall be responsible for providing competent officials.
- e) Teams will be allowed 2 one minute timeouts per half
- f) A game which has finished the third (3rd) quarter is deemed complete if play is stopped by the referee at or beyond this point.
- g) Any game which is stopped prior to the end of the third (3rd) quarter will be considered a “suspended game” and will be continued from the point that the game was stopped once play can resume. The time remaining, score, penalties, game sheet etc. will all continue from the point that the game was suspended.

12. Suspensions

- (i) Any player given an intent to injure penalty (including off-the-ball leg slashes, and pulling the face mask) will be ejected and serve an automatic 1 game suspension.
- (ii) The third man into an off-play altercation will be ejected from that game and any remaining games that day. A 1 game suspension will be served.
- (iii) Players who accumulate five (5) minutes in personal fouls will be suspended for the duration of that match.
- (iv) Any expulsion penalty must be reported to both the convenor and Athletic Coordinator and will result in suspension. A Board of Reference will be held.
- (v) Goaltenders receiving a penalty shall serve their own penalty provided that the team has a second goaltender dressed. Where a team only has one goaltender dressed, they must declare a “designated defender” prior to the game, who shall serve all goaltender time served penalties other than expulsion

13. Special Rules and Equipment

- i) All teams must wear matching shirt and shorts.

ii) In cases where teams have similar colored jerseys, it is the requirement of the home teams to wear contrasting jerseys/pinnies. Where no home team is identified, the team named first on the schedule will be required to wear contrasting jerseys/pinnies.

(iii) All players must wear:

- a) CSA approved helmet and mask with chinstrap properly fastened on both sides
- b) Full fit interior mouth guard at all times when on the field of play
- c) Gloves with fingers fully encased
- d) Shoulder pads
- e) Arm pads
- f) Athletic support and protective cup

iv) Goalies must wear a throat guard and chest protector.

v) All offending equipment (eg. sticks) must be repaired or removed subject to the referee's discretion

14. Finances

a) Those schools having entries in the regular season will split costs evenly. Fees will be paid by the Association.

b) All schools making playoffs will pay bases on a per game cost basis.

c) Costs for finals will be split evenly among all league participating teams if gate is collected.

15. Awards

a) Team plaque for the league champions.